



I Get What I Want

A Handbook on Self-Advocacy

Kentucky Protection and Advocacy

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What is Self-Advocacy?

When I stick up for myself.

When I let people know what I need.

When my voice is heard.



Why Should I Do It?

It will help me take charge of my own life.

It can help me:

- Get what I need
- Get what I want
- Solve problems
- Get what the law allows



How Do I Do It?

Think about what I want:

- What is important to me?
- What do I want to happen?

Think about what I need to make it happen

- Do I need to make a plan?
- Do I need more information?
- Do I need any help?



What Do I Need to Know?

I need to know that:

- I am important
- What I have to say is important
- All people have the right to be treated the same
- There are people and groups that will answer my questions and help me



Self-Advocacy Do's

- Learn what my rights are
- Learn how to talk with others
- Learn how to listen to others
- Learn how to keep a calm voice even when I am upset
- Learn how to share how I feel
- Learn how to ask questions



Self-Advocacy Don'ts

- Don't worry about being a burden by asking for help
- Don't stop advocating when:
 - Someone is mean
 - Someone won't give you help
- Don't curse or yell when trying to make a point or asking for help





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